Smoothie

- 1 c. Yogurt
- 1 sliced banana
- 1 c. O.J.
- 8-10 frozen strawberries
- 2-3 T Honey
- 1 t. Pollen

Blend everything but strawberries, than drop strawberries in one at a time through the hole in the lid. Blend until smooth. You can add a few ice cubes, if desired.